

- Special Rules for Bicycles**
- Persons riding bicycles two or more abreast shall not impede the normal and reasonable movement of traffic and, on laned roadway, shall ride within a single lane. (RSA 265:144-5)
 - No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped. (RSA 265:144-2)
 - No person operating a bicycle shall hitch onto a car or any other vehicle moving upon a way. (RSA 265:144-3)
 - No person operating a bicycle shall carry any package, bundle or article which prevents the rider from keeping at least one hand on the handlebars. (RSA 265:144-4)
 - No bicycle shall be operated unless the steering, brakes, tires, and other required equipment are all in safe condition. (RSA 265:144-9)
 - Riders under the age of 16 must wear a helmet when operating a bicycle on a public way. (RSA 265:144-10)

When bicycling after dark you must use a white front headlight and a red rear light or rear reflector. (RSA 266:86)

- Two Wheels or Four, The Law is the Same**
- Before entering the roadway, yield the right of way to approaching traffic. (RSA 265:32)
 - Stop and yield to cross traffic at a stop sign. (RSA 265:30-4)
 - Don't cross the stop line when the traffic signal is red. (RSA 265:30-4)
 - Stop for pedestrians in a crosswalk without traffic signals, and don't pass vehicles stopped at a crosswalk. (RSA 265:35-4a)(V)
 - In preparing to turn left, do so from the furthest left lane available. (RSA 265:42) To prepare for the turn, first look behind and merge to the center line or left turn lane as traffic permits, signaling to get the cooperation of following drivers as necessary.
 - Don't ride on sidewalks (RSA 265:26-a)
 - Don't ride the wrong way on a one-way street (RSA 265:23)
 - Any vehicle shall stop upon demand of a peace officer and permit his vehicle to be inspected. (RSA 265:144-8)

Always wear a well-fitted bike helmet – it can save your life!

- Where to Ride on the Road**
- Ride on the right side of the road, with the flow of traffic. (RSA 265:14-a) Motorists and pedestrians do not look for bicyclists coming from the wrong direction. Riding against traffic is the single largest cause of collisions with cars.
 - Look ahead for potholes, debris, and other obstacles. As soon as you see one, look behind and merge left, as traffic permits, well before you reach the obstacle.
 - Do not ride so close to parked cars that opening doors may hit you. In an urban situation one may have to ride close to parked cars, look ahead through the cars' rear windows to look for drivers who may be about to open their doors.
 - Do not pass on the right of cars turning right.
- Where there is space, leave enough room for faster traffic to pass. You may occupy any part of a lane when your safety warrants it. Never compromise your safety for the convenience of a motorist behind you.

Bicycles are Vehicles

According to New Hampshire law, bicyclists have the same rights and duties as drivers of motor vehicles. (RSA 265:143)

However, the reputation of all bicyclists is hampered by the few cyclists who ride outside the law. Riding by the same set of rules as motorists makes you predictable and greatly reduces your risk of a crash. Law-abiding actions send a message to motorists: "I belong here - and I'm going to share the road in a predictable, courteous way, just as I expect you to."

Bicycle Safety
Our reputation is riding on you



MONADNOCK REGION STATE FACILITIES											
Key	State Facilities	Mtn. Biking	Boat Launch	Bathing	Camping	Fishing	Guided Tours	Hiking	Pres. Allowed	Ponding	Swimming
40	Annett Wayside Park								X	X	
41	Chesterfield Gorge Natural Area							X	X	X	
42	Franklin Pierce Homestead					X					
43	Greenfield State Park	X	X	X	X	X		X	X	X	X
44	Miller State Park							X	X	X	X
45	Monadnock State Park			X				X	X	X	X
46	Piscatah State Park	X				X		X	X	X	X
47	Rhododendron State Park							X		X	

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.



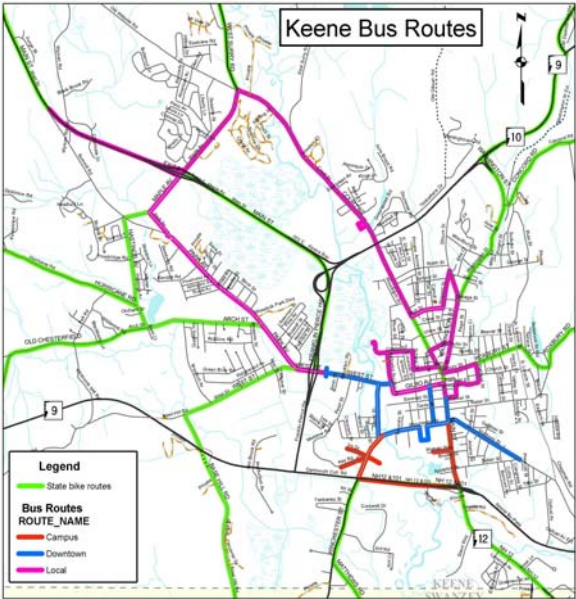
Monadnock Region Rest Areas					
Map ID	Name	Location	Phone	Schedule	
R-1	Antrim	Route 9, Antrim	588-3010	Opens May 18 - Closes Oct 18 13 Hours / Day Fri - Sun (7:30 to 8:30) 10 Hours / Day Mon - Thurs (8:00 to 6:00)	



Monadnock Region Airports					
Map ID	Name of Airport	Town	Runway 1		Runway 2
			Paved	Length(ft)	Paved
A-1	Dillant-Hopkins Airport	Keene	Yes	4,001	Yes
A-2	Jaffrey Airport Silver Ranch	Jaffrey	Yes	2,982	
A-3	Hawthorne-Festher Airpark	Deering/Hillsborough	Yes	3,260	



Monadnock Region Ride Share Lots							
Map ID	Town	Location	Spaces	Light	Bus Shelter	Bike Racks/Lockers	Public Phone
P26	Hillsborough	NH 9, Hillsborough Bypass	108	Yes	No	No	No
P27	Chesterfield	NH 9, Gorge Rest Area/State Park	45	Yes	No	No	Yes



ALTERNATIVE TRANSPORTATION INFORMATION INCLUDED



Monadnock Region

New Hampshire Regional Bicycle Map



MONADNOCK REGION
• Connecticut River Valley



Map ID: P26, P27, P28, P29, P30, P31, P32, P33, P34, P35, P36, P37, P38, P39, P40, P41, P42, P43, P44, P45, P46, P47, P48, P49, P50, P51, P52, P53, P54, P55, P56, P57, P58, P59, P60, P61, P62, P63, P64, P65, P66, P67, P68, P69, P70, P71, P72, P73, P74, P75, P76, P77, P78, P79, P80, P81, P82, P83, P84, P85, P86, P87, P88, P89, P90, P91, P92, P93, P94, P95, P96, P97, P98, P99, P100, P101, P102, P103, P104, P105, P106, P107, P108, P109, P110, P111, P112, P113, P114, P115, P116, P117, P118, P119, P120, P121, P122, P123, P124, P125, P126, P127, P128, P129, P130, P131, P132, P133, P134, P135, P136, P137, P138, P139, P140, P141, P142, P143, P144, P145, P146, P147, P148, P149, P150, P151, P152, P153, P154, P155, P156, P157, P158, P159, P160, P161, P162, P163, P164, P165, P166, P167, P168, P169, P170, P171, P172, P173, P174, P175, P176, P177, P178, P179, P180, P181, P182, P183, P184, P185, P186, P187, P188, P189, P190, P191, P192, P193, P194, P195, P196, P197, P198, P199, P200, P201, P202, 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Bicycle Safety
Our reputation is riding on you



DARTMOUTH LAKE SUNAPEE REGION STATE FACILITIES											
Key	State Facilities	Motor Biking	Boat Launch	Boating	Camping	Fishing	Guided Tour	Hiking	Peer Allowed	Ponding	Swimming
30	Cardigan State Park							X	X	X	X
31	Gardner Memorial Wayside Area							X	X	X	
32	Mt. Sunapee State Park							X	X	X	
33	Pittsbury State Park	X	X	X	X	X	X	X	X	X	X
34	Plummer Ledge Natural Area										
35	Rodine State Park							X	X	X	X
36	Sculpted Rocks Natural Area							X			
37	Sunapee State Beach	X	X	X	X				X	X	
38	Wadleigh State Beach			X		X	X	X	X	X	
39	Winslow State Park							X	X	X	X

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accessible campsites. To ensure that the appropriate facilities are available to meet specific needs, please call ahead to the park you hope to visit.



Dartmouth Lake Sunapee Region Rest Areas				
Map ID	Name	Location	Phone	Schedule
R-2	Lebanon	I-89 SB, Lebanon	448-2429	Open all year, 16 hours / day (Fri, Sat, Sun 7-10:30)
R-3	Springfield	I-89 NB, Springfield	763-2674	Open all year, 16 hours / day (Fri, Sat, Sun 7-10:30)
R-4	Sutton	I-89 SB, Sutton	927-4907	Open all year, 16 hours / day (Fri 7:00am continuous to Mon at 10:30pm)



Dartmouth Lake Sunapee Region Airports				
Map ID	Name of Airport	Town	Paved	Length(ft)
A-4	Claremont Airport	Claremont	Yes	3,100
A-5	Parlin Field	Newport	Yes	3,450
A-6	Lebanon Municipal Airport	Lebanon	Yes	5,496

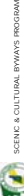


Dartmouth Lake Sunapee Region Ride Share Lots									
Map ID	Town	Location	Spaces	Lights	Bus Shelter	Bike Racks/Lockers	Public Phone	Public Transit	Transit
P24	New London	NH 103A, I-89, Exit 12	45	Yes	Yes	No	Yes	Yes	Dartmouth Coach
P25	Warner	NH 103, I-89, Exit 9	24	Yes	No	No	Yes	No	
P28	Lyme	Theftford Village Road off	10	Yes	No	No	Yes	No	

New Hampshire Regional Bicycle Map Dartmouth Lake Sunapee Region

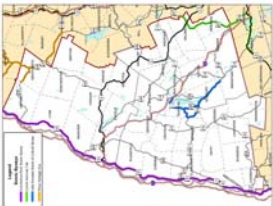


ALTERNATIVE TRANSPORTATION
INFORMATION INCLUDED



DAKOTA'S CULTURAL HERITAGE

- Dartmouth Lake Sunapee Region
- Connected River Basin
- Carrot & Tree Trail
- River Heritage Trail



For more information, visit www.dartmouthlakeregion.com or call 603-271-1234.

The Dartmouth Lake Sunapee Region is a beautiful area with many scenic views and recreational opportunities. We hope this map helps you explore the region and enjoy all it has to offer.

**DARTMOUTH LAKE
SUNAPEE REGION**

Verdant farmland, idyllic villages, covered bridges and ample recreational opportunities typify the Dartmouth Lake Sunapee region and its surrounding areas. The region follows the Connecticut river valley, which is fairly flat to rolling. As you move eastward, the landscape becomes hilly, especially around Lake Sunapee. Traffic is light to moderate in the region. The region is a beautiful area with many scenic views and recreational opportunities. We hope this map helps you explore the region and enjoy all it has to offer.

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 - **Riders under the age of 16 must wear a helmet when operating a bicycle on a public way.** (RSA 265:144-10)

When bicycling after dark you must use a white front headlight and a red rear light or rear reflector. (RSA 266:86)

- Two Wheels or Four, The Law is the Same**
- Before entering the roadway, yield the right of way to approaching traffic. (RSA 265:32)
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Always wear a well-fitted bike helmet – it can save your life!

- Where to Ride on the Road**
- Ride on the right side of the road, with the flow of traffic. (RSA 265:16-a) Motorists and pedestrians do not look for bicyclists coming from the wrong direction. Riding against traffic is the single largest cause of collisions with cars.
 - Look ahead for potholes, debris, and other obstacles. As soon as you see one, look behind and merge left, as traffic permits, well before you reach the obstacle.
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Safely**
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MERRIMACK VALLEY REGION STATE FACILITIES											
Key	State Facilities	Item Bikes	Boat Launch	Boating	Camping	Fishing	Guided Tour	Hiking	Picnic Area	Swimming	Winter Use
48	Bear Brook State Park	X		X	X	X		X	X	X	X
49	Crough State Park		X	X		X				X	X
50	Hannah Duxton Memorial							X	X		
51	Northwood Meadows State Park	X	X	X	X	X	X	X	X		X
52	Pawtuckaway State Park	X	X	X	X	X	X		X	X	X
53	Robert Frost Farm						X		X		
54	Silver Lake State Beach								X	X	
55	Taylor Mill State Historic Site			X		X	X	X	X		

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ALTERNATIVE TRANSPORTATION
INFORMATION INCLUDED



**New Hampshire
Regional Bicycle Map
Merrimack Valley
Region**



MERRIMACK VALLEY REGION

- Appleton
- Candor
- Shaw
- Village
- Trail

For more information on Merrimack Valley Region, visit <http://www.mvr.org> or call 1-800-368-7666.

MERRIMACK VALLEY REGION

Through the most heavily populated part of the state, this region offers many miles of excellent roads for bicycling. Classic white New England churches, babbling streams, and long stretches of hickory covered stone walls are classic fare along these routes. The Concord area and Andover (east of Manchester) offer some of the most scenic scenery in the region, with some hills sprinkled in. Areas that may have heavy traffic during peak hours include US 3 and NH 9 where traffic is fast but wide shoulders offer some relief.

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<p>NEW HAMPSHIRE</p> <p>SCIENCE & CULTURAL BYWAYS PROGRAM</p> <p>GREAT NORTH WOODS REGION</p> <ul style="list-style-type: none">• Mount Path Trail• Woodland Heritage Trail• Connecticut River Byway	<p>NEW HAMPSHIRE</p> <p>SCIENCE & CULTURAL BYWAYS PROGRAM</p> <p>GREAT NORTH WOODS REGION</p> <p>For more information on Science Byways, visit us at: http://www.nh.gov/department/culturalheritage/3523.htm</p>	<p>GREAT NORTH WOODS REGION</p>
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Regional Bicycle Map
Great North
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